

---

*Jennifer Stock:* Welcome. This is Jennifer Stock. I'm your host for Ocean Currents and this show is held one Thursday evening a month, every four weeks at 5:30 to 6:30pm and the show is rebroadcast the following Monday at 1pm and on Ocean Currents, we dive into ocean topics talking about ocean science, research, how people use the ocean, and tonight about incredible crossings of the ocean with human power. It's quite an amazing story.

So, tonight we're going to be talking with Roz Savage and within weeks, Roz will be launching off the coast of San Francisco to take on the flight of a foraging albatross, but by human power in a rowboat. On the water itself, she uses a 24 foot rowboat. She is attempting to row from San Francisco, California to Hawaii, then on to American Samoa and then on to Australia. She's doing this unsupported in regards to vessel support and solo.

Roz is joining me tonight from Canada where she is working at some of the preparations necessary for her to arrive in Hawaii. Thanks, Roz, for joining me tonight on Ocean Currents.

*Roz Savage:* Great to be here. Thank you.

*Jennifer Stock:* So, Roz, your story is so inspiring. I want to give some background for our listeners. You wrote about your previous life as a successful career woman, a marriage, seeming to have what many women want to achieve, but one day while on your daily commute, you wondered if this is what really life was about for you and took on the exercise of writing two versions of your future obituary. One obituary detailed a life of adventure and living to one's true values of experiencing life to the fullest, living with guts and gusto and the other conventional, ordinary life with moments of excitement, but pretty safe and predictable and you saw a disparity there in where your life was heading and where you wanted to go and decided it was time to shift course.

What brought you from all of these huge events to decide to row across the Atlantic Ocean on your first endeavor?

*Roz Savage:* Yeah, it was a bit of a change from the previous life as a management consultant, I guess. It was actually more of an evolution rather than a revolution. It was quite a long time after the obituary exercise that I decided on rowing across the ocean and I suppose I'd reached a stage where I'd made quite a lot of changes in my life already. I'd shifted away from this very materialistic lifestyle and into something that was a bit more based around, I

---

suppose, a sense of the life's purpose, maybe even a bit more of a spiritual agenda and I felt like I was making some useful and helpful changes and moving towards a more fulfilling life and I'd reached a point where I wanted to make some sort of grand gesture, I suppose.

I wanted to tackle a project that would be some sort of a statement about this different person I was becoming. The trouble was that there wasn't really very much that I was qualified to do in the way of adventures and...but I had done some rowing before and although rowing on the River Thames is about as different from rowing on the Atlantic as you can get I suppose it was just enough to give me the happy delusion that this was something I was vaguely qualified to do. So, I decided that this was going to be my grand statement to row across the ocean and it was very important to me that this adventure had to be something environmentally friendly because that was part of the whole direction that my life was now moving in, away from that materialistic, consumerist society and into living a bit more in tune with what I thought were more authentic values and more in tune with nature.

So, it was very important to me that whatever I did had to be environmentally low-impact and would hopefully provide me with a platform to maybe try and show other people how they could be...how they could live in a slightly more environmentally friendly way as well.

*Jennifer Stock:* That's wonderful. Did you have much practice rowing on the ocean before you decided to hop on the Atlantic?

*Roz Savage:* Very little. Well, I initially made the decision and then got a little bit of practice, but even when I set out across the Atlantic I had been out on the ocean, and when I say ocean I mean very much coastal waters around England, I'd been out on the water maybe three or four times and so no more than an hour or so at a time. So, it was a pretty massive leap into the unknown, thank heavens. I think if I had known at the start just how hard it was going to be I might not have done it.

*Jennifer Stock:* Sometimes it's better not to know, right?

*Roz Savage:* Absolutely, yes. I think there are lots of similarities between rowing an ocean and child birth because it's only when you're irrevocably committed and there's not way out that you actually find out just how tough it is, but by then the only way is forward.

---

*Jennifer Stock:* Oh, right on. So, what were the two points of crossing for the Atlantic Ocean?

*Roz Savage:* I set out from the Canaries just off the coast of Africa and I arrived a hundred and three days later in Antigua in the Caribbean.

*Jennifer Stock:* Wow, 103 days later. Now, I read your website, which is so fantastic. I hope listeners will check it out and read all about your agenda here, RozSavage.com, but you had some extreme challenges on this boat. From the very beginning, you had a lot of shoulder pain. At one point your boat capsized. You lost belongings...

*Roz Savage:* Several times, yeah.

*Jennifer Stock:* ...and your oars broke.

*Roz Savage:* Oh, yes. You name it, it happened. Well, I started out, the first couple of days I was sick as a dog. I was so seasick, but I knew that was going to happen because I had done a little bit of sailing beforehand. So, I was sort of prepared for that. I...what happened next got me really indignant, though, which is when my shoulder started to hurt because I had done so much training for that row precisely so that I wouldn't have problems of my body breaking down.

So, to end up with this tendinitis in my shoulder so earlier on was disappointing to say the least and then after that all, as well as my body breaking down, all my electronics started breaking, things like my stereo. So, I had no music after that. My camping stove broke. So, after the first few weeks all my food was eaten cold. Towards the end my satellite phone broke. So, for the last month I wasn't able to communicate with dry land at all. My only communication from then on was on about three occasions in the space of about three and a half weeks when I managed to hail passing ships, but probably the most serious thing in the way of breakages was the fact that all four of my oars, my two main ones and my two spares, they all broke before halfway.

*Jennifer Stock:* So, did you have to repair those?

*Roz Savage:* I did, yes. I was really determined that I didn't want to call for a resupply of oars. I really wanted to do this thing entirely unsupported my own way. So, I just patched up my oars. Luckily, I had a boat hook on board, which looks like a long pull with a hook

---

on the end, and there was no apparent reason why I decided to take this random object with me.

Normally you would use them to hook up a mooring buoy and obviously there aren't very many of those in the middle of the Atlantic Ocean, but I just thought it might come in handy for something and I was so glad that I had it with me because I was able to use that as splints for two of my oars and I had three rolls of duct tape on board and I used all of it. I just latched these splints very tightly to the oars and it meant the oars were a bit cumbersome and unwieldy. They were a bit off-balance, which shouldn't help the shoulder problem much, but it did at least mean that I could carry on unsupported and maintain my independence and it was actually quite a source of satisfaction to me because on dry land I'm not the handiest person in the world, but there was something quite nice about overcoming these challenges or these breakages and just managing to carry on and it's amazing what resources you find when you really have no choice.

*Jennifer Stock:*

So, how about some of the challenges of the environment? There's definitely the things that we need, I mean, you need oars to move forward, basic thing, in addition to the food and water. How about the waves and the darkness, the...how did you know if you were on course and if you were going in the right direction?

*Roz Savage:*

Well, let me take those one at a time. The waves, at times, were pretty big, so big that I just chose not to look at some of them and just to sort of put into context, I was actually doing the Atlantic as an entrant in a race. I was the only solo woman in the Atlantic rowing race. So, there were 26 boats set out at the same time. Most of them were crews of two or four people and after those 26 boats, six of them capsized or sank and, in fact, one was attacked by a shark and those crews had to be rescued. They withdrew from the race.

They were all picked up off their boats and didn't make it to Antigua. So, compared to them, I suppose I was very fortunate that the ocean allowed me to cross. Then you asked about the darkness. There were some nights that were beautiful. There would be a full moon and I could actually see the moon shadow on the deck and there was plenty enough light, but then there were other nights when I could barely see the hand in front of my face when it was overcast or there was no moon and those nights could be...I didn't actually mind the darkness too much.

---

If I started thinking about all the creatures lurking beneath me I pretty quickly stopped myself thinking about those and tried to think about something a bit less scary instead. I think ocean rowing is very psychological. There are a lot of things that could really freak you out if you think about them too much and you just have to tell yourself to focus on the things that you can control and try not to think too much about the things that are beyond your control like storms and sharks and things like that.

*Jennifer Stock:* And take one thing at a time, I guess.

*Roz Savage:* Absolutely. That was actually a mistake that I made at the start. I did on occasions allow the scale of the project get on top of me because when you've got three thousand miles to go and you're moving at...slower than walking speed, my average speed was about two miles an hour, it can look pretty daunting, what lies ahead, and I learned probably within the first month by doing it the wrong way, initially, that life was a lot easier if I just looked at the next day or the next rowing shift or even just the next mile and just kept ticking off those miles and thinking, "Well, there's one mile I never have to row again."

*Jennifer Stock:* Wonderful.

*Roz Savage:* ...apart from the times that I got blown backwards of course and then I did have to row through them again.

*Jennifer Stock:* So, how does that work, actually, because I mean, with the being in such a light vessel and being human-powered, there isn't something to keep you motoring while you need to rest or sleep. How do you keep...try not to go backwards?

*Roz Savage:* Well, more generally the tradewinds were blowing me in the right direction, but not invariably. I had three days in a row when I was just going backwards. I had a sea anchor, which is like a big parachute on the end of a rope that you put out underneath the water. It hovers at about ten feet under the waves and grabs hold of about a ton of ocean and that stops you being blown backwards quite so much, but you do...it's more damage limitation rather than damage prevention.

So, you do still lose a bit of ground, but it could've been a lot worse, but generally the winds were blowing me in the right direction -ish while I slept. When I say the right direction, provided I was going a bit west and a bit south. I wasn't too fussed

---

about being specific. So, my route across the Atlantic was fairly meandering, but it was generally forward-moving.

*Jennifer Stock:* So, for those just tuning in, this is Ocean Currents and I'm talking to Roz Savage, a rower who has successfully rowed across the Atlantic and is getting ready to row the Pacific Ocean. So, let's get familiar with your boat a little bit. I've seen pictures, but I'm sure many listeners are not familiar because when I think of a row boat I think of my Catalina wherry sitting at home, open-deck, and very open and exposed, but your boat is a 24 foot boat and has many provisions to help make this a comfortable or manageable voyage. Can you tell us a little bit about your boat, which is named Sedna?

*Roz Savage:* That's right. Well, I'll try to describe it and actually after today, my boat is about to be re-named. I just signed a contract with a title sponsor. So, my boat is now going to be called Brocade...

*Jennifer Stock:* Ohhhh.

*Roz Savage:* ...which is a company based out of San Jose. They're a tech company and I'm very excited about this because I ended up financing the Atlantic row mostly out of a divorce settlement, which unfortunately is not really a financially sustainable model unless I get married and divorced between each ocean row. So, this is great. This is finally getting on to a more professional footing and I'm very excited to be working with Brocade. They are being tremendously supportive and importantly for me, they are environmentally aware and reducing their carbon footprint. So, that's fantastic news.

So, anyway, now I will try to describe my boat. Yes, as you say, it's 24 foot long, but she's probably quite a bit wider than your average row boat. She's six foot wide and most importantly, she's got two water-tight cabins. One is for storage and one is for sleeping in and as well as providing living space and storage space, those cabins are also my buoyancy chambers so that if the boat capsizes the air that's trapped inside those cabins will bring the boat the right way up again because all the weight is in the bottom of the boat and then you've got these big air pockets in the top of the boat. So, if the boat turns over, she's very unstable in that position and will flip the right way up again.

So, she's pretty sleek-looking. She's silver and looks a little bit like a, almost like a spaceship and the rowing position is in the middle, which is pretty much like a conventional rowing position. I've got two oars, a short rigger sticking out from each side, and a sliding

---

seat and then in the stern of the boat is my sleeping cabin, which if you picture probably a queen-sized bed, but a bed that tapers down to a point at one end and the height of the cabin, there's just enough room in there for me to sit up if I sit cross-legged. So, it's pretty cozy, even for me and some of these boats are used by two strapping, big blokes. So, I don't envy them when there's a storm and they're both confined to the cabin.

So, in that cabin I sleep where I store some of my food or where I've got all of my electronics, my satellite phone, or my other bits of technology. So, moving along the boat, there's the sleeping cabin in the stern end, then the rowing position in the middle, and then up at the bow end is just a storage cabin and also underneath the decks I've got lots more storage space and that's where I keep most of my food to keep the weight down low and I also have very importantly, my water-maker, which is a miniature desalination plant that sucks in seawater and through a series of filters and reverse osmosis, produces fresh water, which means I don't have to take a full three months supply of fresh water with me.

*Jennifer Stock:* Wonderful.

*Roz Savage:* And that's powered by my solar panels, which are mounted on the deck of the sleeping cabin.

*Jennifer Stock:* Wow, that's such a great example of a completely green machine.

*Roz Savage:* Absolutely. Yes, totally self-sufficient energy-wise and everything else-wise as well and for the Pacific I'm going to be adding the wind generator.

*Jennifer Stock:* Oh, wow. That'll be interesting.

*Roz Savage:* Yeah, in fact, I'm doing quite a cool thing with a team from Stanford. They have a video blog called the Smart Energy Show and they're going to be monitoring the power generation from my solar panels and my wind generator and also monitoring how much electricity I'm using and there will be cute little apps that's on there so people can guess how much electricity is being produced based on the weather for that day. So, I'm doing lots of stuff like this on the Pacific where I'm sending back all kinds of data. I've got physiological testing equipment.

I'll stick little electrodes on myself that tell me how exhausted I am and I'm also doing a psychological case study to judge how sane I remain while I'm out there and I'll be sending back meteorological

---

data as well and navigational data about how many miles I've done and also, environmental data, my specific environmental message for the Pacific is about plastic debris in the world's oceans because, unfortunately, the world's oceans are becoming the marine equivalent of a landfill. A lot of rubbish comes from the land, blows into storm drains, and into streams, and into rivers, and, of course, it just ends up in the ocean, which is where the buck stops and there's a lot of...over the last few decades the problem is just escalating exponentially and as the debris and especially the plastics, as those break down into smaller pieces they get ingested by marine animals.

They get into the food chain and ultimately, of course, they get into us because we're at the top of the food chain. So, I'm just trying to use my Pacific rows to say to people, "Just be aware of where a lot of this rubbish ends up," and just yet another good reason to reduce your use of plastics. Just reuse, recycle, and reduce the amount of that you use. So, I would really like to use this row to bring awareness to that and as you mentioned earlier, I'm going to be tagged as part of the Pacific Pelagics Project. So, I'm going to be bringing attention to that as well.

People will be able to track turtles and sharks and dolphins and whales and see where they are in relation to them and I'm just really hoping to engender a bit more respect for the oceans because I think for a lot of people it's out of sight and out of mind.

*Jennifer Stock:* It really is.

*Roz Savage:* ...whereas, in fact, they are an essential part of the whole Earth ecosystem.

*Jennifer Stock:* I think it's amazing that you're one of the very few people, of course a lot of sailors have this experience, that really have that tune of what it's like out there so far away from everything and it's going to be wonderful that you're sharing it with the public, with all of your, the data coming back.

*Roz Savage:* Well, I think with regards to marine life and the plastics I'm actually in a unique position to bring back an eyewitness account because I'm very close to the water and I'm also travelling very slowly. So, the plan is I'm going to be logging any items of debris that I see while I'm out there and sending back reports of that, what it is and how big it is and which way it's headed and hopefully just bring back direct experience of what's happening out there because it's very difficult to know and it's just an issue that most people



---

aren't away of and I'm very excited too that Dr. Curtis Ebbesmeyer is going to be providing a commentary on my website about what I see out there.

Dr. Curt is also known as the Nike sneakers guy or the rubber ducks guy and he tracks the ocean currents by seeing where these items that have broken free from containers that have gone overboard, seeing where they wash up. So, it's really great that he's involved with my project as well.

*Jennifer Stock:* Wonderful. Speaking of currents and data, how have you prepared and studied for creating your route, your plan? What types of data are you accessing to create this plan?

*Roz Savage:* Well, there are many dimensions to it. At the moment, I'm, daily, keeping track on one of the NOAA weather buoys. There's one just about 18 miles west of San Francisco and that's pretty much on my route and it's the path of my route that I am most anxious about. Getting away from San Francisco is going to be really difficult because immediately in that on-shore area the winds are generally blowing from the west. So, as I'm trying to head out to the west, they're going to be against me and ocean row boats are really not designed for going against the wind.

So, I'm keeping a very close eye on what that particular buoy is sending back in the way of data and I'm just really hoping and praying that after I go on stand-by on July 11th, I'm hoping that we might get a period of a few days of relatively calm conditions where I can actually make some headway away from the coast, hopefully get out to the Farallones or, well actually, I won't really sleep easy until I'm a good 200 miles clear of the coast and my route's also going to take me through a number of the marine sanctuaries by happy coincidence, but when it actually comes to determining my route, I need to take so many different factors into account; the winds, there are the currents, tides, trying to avoid hurricanes. Another factor that somebody mentioned the other day was sharks. She pointed out to me that I will be setting out directly through the red triangle where there's a disproportionately large number of shark attacks just off the coast of California.

So, needless to say, I won't be doing too much swimming in the early days of the row.

*Jennifer Stock:* Well, as long as you stay in your boat, you should be just fine.

- 
- Roz Savage:* I think so. Yes. I don't think my boat looks especially like a yummy tidbit to sharks.
- Jennifer Stock:* Well, hopefully there won't be too many elephant seals around to distract you. So, why did you choose San Francisco, this part of the coastline? Why not choose a point further south or even further north? What drew you to San Francisco to be your departure point?
- Roz Savage:* It's purely sentimental reasons, really. It would be such a dream to depart under the Golden Gate Bridge. San Francisco is one of my favorite cities and it's just such an iconic image that it'd be really fantastic if that works out, but at the same time, I realize that I probably couldn't have picked a more difficult place to leave from. There's a Turkish guy, Erden Eruc, who is doing a very ambitious 7-year project around the world involving...he's already rowed the Atlantic as I have and he's now setting out to row across the Pacific and he first tried to set out on June the 2nd and as far as I'm aware, he's still in San Francisco.
- So, I'm very grateful to him for showing just how difficult it is to get away from the coast, but at the same time, I wish him luck. I know he's trying to leave again just around about now. So, I'm really hoping that he manages to get away this time.
- Jennifer Stock:* It's been a really tough spring with these winds that we've had. So...
- Roz Savage:* Indeed. Well, if at first I don't succeed, if I don't manage to get away from San Francisco, then you may well see me arriving up in Point Reyes where you are. That would give me a much better head start towards the west.
- Jennifer Stock:* Wonderful. So, as far as choosing the time of year, was there a specific weather pattern that you were following where you thought the spring would be a good time to launch off? Is this where you were looking at currents, tide storms...
- Roz Savage:* Opinions do seem to vary. It's quite interesting when it comes to matters oceanic, but many people have strong opinions and, obviously, often those opinions are diametrically opposed, but weighing out the various factors and the general consensus, with some notable exceptions, is that although this is hurricane season, the hurricanes are generally further south. Although, September, there might be calmer conditions off the coast of San Francisco, I wouldn't get as consistent trade winds later on. So, it just seems to

---

be this is the best balance of all these competing, conflicting factors. The best balance between reliable trade winds, avoiding hurricanes, and relatively calm conditions.

So, there's just so much luck involved, though. I'm just keeping my fingers crossed that the weather gods choose to smile on me....

*Jennifer Stock:* That sounds good.

*Roz Savage:* ...and allow me safe passage.

*Jennifer Stock:* Yeah, it sounds like a lot of trade-offs because you've got the coast, but intense coastal winds, but then once you get past that, another trade-off as you approach more tropical waters towards Hawaii.

*Roz Savage:* That's right. I don't claim to be a weather expert, but I'm very fortunate to have a number of well-qualified and very experienced people advising me. So, I know my limitations. I'm...in some ways, I could be, I think my job description does require a certain amount of stubbornness and pig-pigheadedness, but I also...I know what I don't know and I'm very willing to listen to wiser people than I am.

*Jennifer Stock:* Fabulous. It must have been really interesting researching, getting ready for this.

*Roz Savage:* It really has been. I really, really enjoyed the preparations. I've made a lot of friends in the last twelve months in the U.S. while I've been busy preparing for this. I've traveled the length and breadth of the country. I had to come pick my boat up from Florida where she arrived after I got her shipped from Antigua to Florida. So, I was there, she was on exhibit at the Museum of Science and Industry in Tampa for a while.

So, I did a couple of presentations there and made some very good friends over in that part of the world and drove the boat the whole way across the country and she certainly attracted a fair bit of attention. She's an unusual-looking craft and I soon realized I had to allow at least an extra ten minutes at every gas station stop because people would come over and just say, "Now, what kind of a boat is that?"

*Jennifer Stock:* Interesting.

*Roz Savage:* It was fun.

---

*Jennifer Stock:* That is great. Well, Roz, we need to just take a short break. Please stay with us. Folks, we'll be right back.

*Roz Savage:* Ok.

(Music)

*Jennifer Stock:* You're listening to KWMR, 90.5 FM in Point Reyes Station and 89.3 in Bolinas. You're listening to Ocean Currents. This is Jennifer Stock and I have Roz Savage on the phone with me from Canada. Roz is preparing to row across the Pacific and we've been talking a lot about rowing, her past row, rowing across the Atlantic Ocean. I wanted to just hear a little bit more. You were talking about some of your technology on board and your electronics and you said you had a satellite phone and you mentioned you had the loss of the phone use towards the end of your row. What was that like when you lost total communication with, I believe it was your mom that was helping keep you on course and what not?

*Roz Savage:* Yes, yes, mom was my shore manager. She knows absolutely nothing about the oceans or weather, but she was free.

*Jennifer Stock:* That's great.

*Roz Savage:* Actually, when the phone broke I was actually really pleased. It might sound strange. I was obviously very worried for my mother because I knew that she would be very anxious about me, but purely selfishly, it was actually part of the reason why I wanted to go out on the ocean was just to have the peace and the quiet and the solitude and the opportunity to just be on my own and just have the time and the space to think and although it was great having interactions with people via my website while I was out on the Atlantic, I'd been doing that for two and a half months by the time the phone broke and it was actually just really nice to have to change just to be totally...

*Jennifer Stock:* Just some peace.

*Roz Savage:* ...self-sufficient and I felt really lucky because how many of us have that opportunity just to totally get away from the world for...it was three and a half weeks I was without a phone.

*Jennifer Stock:* Wow.

*Roz Savage:* So, although I was anxious for mom, it was actually, I felt that was a very special time and, in fact, for me it was really when I felt that

---

all the lessons that I'd learned about the coping mechanisms and I'd been through all these struggles, largely issues of self-doubt and just wondering if I could really rise to this challenge. I felt that after the phone broke, that was when it all actually really became good and I learned that I was a strong enough person to really cope with this challenge without having anybody to help me even just on the end of the phone.

*Jennifer Stock:* Was....you were still being tracked though, right? So, she could see progress that you were making.

*Roz Savage:* That's right. I was very pleased that that happened. I had this ?? beacon on board, which showed my position on a website. So, mom could still track this little purple blob moving at a very slow pace across the ocean. So, that was some sort of consolation to her and that's why I'm really pleased that this time around I've got these two beacons because one of them is directly wired into my electrical system. So, if for some reason my electrical system fails, then thanks to the Pacific Pelagic beacon, I will look like an albatross going very slowly across the Pacific Ocean, but this time around, I'm taking two satellite phones.

So, hopefully, I will have ongoing communication.

*Jennifer Stock:* Well, I just want to mention since you are being tracked, there are some researchers at Oikonos Ecosystem Knowledge, they're a nonprofit group of marine scientists that will be tagging some black-footed albatross from the Cordell Bank Sanctuary in the next coming weeks and they're studying where do albatrosses go during this off-breeding season when they are not breeding at their islands in the Hawaiian Islands and it's really interesting to see where they go. So, it's going to be interesting to watch you tracking across to Hawaii and seeing where these birds are going in-between and, who knows, maybe you'll see one on your way?

*Roz Savage:* I would love to. Yes. Although, I suspect, they probably move a lot faster than I do.

*Jennifer Stock:* If folks want to see that they can go to [oikonos.org](http://oikonos.org) and we'll give that website at the end again too to track them, but I also wanted to let you know, Roz, that we're working with a group of students, or teachers, this fall that will be learning how to track animals such as albatrosses and sharks and elephant seals in the classroom with their students and we're working to have them track you as well. So, there will be hundreds of students...

---

*Roz Savage:* That's fantastic!

*Jennifer Stock:* ...tracking both the albatrosses and Roz Savage across the ocean. So, you'll have a moment to share all that with the students that will be watching you.

*Roz Savage:* I would love that. That would be wonderful and while we're mentioning organizations, I ought to really mention that I'm doing my row with a project of the Blue Frontier campaign, which is a small nonprofit and they support grassroots efforts for marine conservation and they have been absolutely fantastic to me and I think the work that they do...they work with a lot of the larger nonprofits as well, but it's all around marine conservation. So, it's a really worthwhile cause. I'm very pleased for the opportunity to bring a little bit more awareness to their agenda.

*Jennifer Stock:* That's wonderful and I also know that, I mean, you've connected to everybody. You'll be doing a special delivery of a message in a bottle.

*Roz Savage:* Yeah, it's going to be fun, yes. On behalf of NOAA, I shall be carrying, I believe it's one of the old...now what did they call them? The bottles that they use for tracking ocean currents?

*Jennifer Stock:* I think it was the U.S. Geodetic Survey that used these bottles and it's a historic bottle that was able to be found to put a special message in for you.

*Roz Savage:* That's right. It's going to be a secret message. There's going to be a ceremonial handing over the bottle at an event in San Francisco and then, hopefully, assuming that I arrive safely in Hawaii, there will be a ceremonial uncorking of the bottle and we'll read out the message at that end of the journey.

*Jennifer Stock:* Well, we here at the sanctuaries thought this was a really symbolic opportunity because you're crossing from two incredibly important marine protected areas from the Gulf of the Farallones, Monterey Bay National Marine Sanctuary, through across to the Hawaiian Islands Humpback Whale National Marine Sanctuary. So, you're connecting these two really important areas. It'll be fun to hear what the message is on the other side.

*Roz Savage:* I can't wait. I don't suppose I'm allowed to sneak a look on the way across, am I?

*Jennifer Stock:* Well, you just can't type it up for your blog yet, that's all.

- 
- Roz Savage:* I think it's got to be properly sealed. In fact, if it's a paper message in the bottle, I would definitely advise that it's very thoroughly sealed because seawater gets into all kinds of unfeasible places.
- Jennifer Stock:* So, what is...I was thinking about some of the, you know, tuning in when you lost the phone and you really, that was when you really felt good and able to really tune in, however there are lots of survival material things that you need on your boat, but what's the one thing besides the survival necessities like food and water that you have on your vessel that you just, you really, really value that's the one thing that you would grab if you absolutely had to?
- Roz Savage:* Oh, that's a really interesting question. Actually, if it was coming down to one thing, I am actually going to risk taking my beloved Mac laptop...
- Jennifer Stock:* Are they one of your sponsors?
- Roz Savage:* Oh, I wish. I wish. So, if we're being very practical, that's probably the one thing that I really would grab, but all the data will be backed up, of course, on dry land, but I would be pretty sad to leave that behind or maybe the case of video recordings that I'll be doing while I'm out there, my video diary and all the footage that I capture, but I think there's one other thing that I'd probably take as well. At the moment, I drive a yellow pickup truck, bright yellow, and in it I've got this silly little duck that on his chest it says, "Please squeeze me," and when you squeeze it, this little duck goes, "Quack, quack, quack," and it just never fails to "quack" me up and it's just, if things get really bad out there, I'll be squeezing Quackers who will be doing this stupid little quacking thing at me and it always makes me laugh.
- Jennifer Stock:* That's great.
- Roz Savage:* So, I think Quackers would have to come in the life raft with me as well.
- Jennifer Stock:* Oh, okay. So, we only have a few minutes left and since one of the main goals of your rowing is to really do something that's ecologically or environmentally friendly and is there one thing that you'd like to let listeners know about their role in protecting the ocean?
- Roz Savage:* Well, I think it's often easy for people to feel that what they do as an individual can't make a difference, but the cumulative effect of

---

lots of people acting as individuals is huge, absolutely huge. So, I think my key message would be not to wait for the government to impose restrictions on the use of plastic bags or for plastic bags to be withdrawn from circulation altogether. The thing is, every little act of every single person does make a difference. In fact, as it says in the Blue Frontier Campaign's book, 50 Ways to Save the Ocean, we're already all making a difference, but it's up to us as individuals to decide whether we're making a good difference or a bad difference.

So, just believe that you are making a difference and try and make it a good one. Just buy your re-usable tote bags to take to the supermarket rather than using plastic bags. Always carry bags with you so in the store you don't need to use a new one and just be mindful. Just think about the consequences and I don't always live up to my high expectations or my high ideals of being environmentally friendly, but I'm aware and I do my best and I think that's all that we can do and there's no need to despair about things. I think sometimes these problems are painted as being so enormous that people just feel helpless and hopeless about it, but it's not too late and it really, apart from anything else, it just feels good. If you do the right thing by the environment, you just feel a little bit more proud of yourself. You think, "Well, I did my bit."

*Jennifer Stock:* Wonderful. Excellent answer. I couldn't have said it any better. That's what we strive for is just that one thing we can do is a difference and that's fabulous.

*Roz Savage:* Absolutely.

*Jennifer Stock:* Roz, last question, how do you think the Pacific will be different than the Atlantic?

*Roz Savage:* I'm hoping it's going to be nicer. I didn't have a lot of fun on the Atlantic. I think apart from anything else, I learned enough about myself on the Atlantic to know just psychologically how to cope with things a bit better. It's almost like a fast-track, intensive training course in life skills. When you go out on the ocean it's a pretty challenging environment and I feel that I learned a lot by doing it the wrong way about how to make life a little bit more tolerable for myself. So, I'm hoping that when I'm out on the Pacific, I'll click back into that way of being a bit faster and also just, as oceans go, I'm told by some people and I'm choosing to believe this, that the Pacific is, indeed, a little bit more peaceful, that although the waves are large, they are longer and less choppy than on the Atlantic.



---

So, I'm hoping for a gentler, kinder passage this time.

*Jennifer Stock:* Well, Roz, we wish you smooth sailing all the way, and rowing, of course.

*Roz Savage:* Yes. We rowers are very sensitive about the sailing word.

*Jennifer Stock:* That's right.

*Roz Savage:* So, thank you for that.

*Jennifer Stock:* Rowing! Well, hopefully a little wind will hep you along too.

*Roz Savage:* That would be very much appreciated and if not, you'll have to ask all your listeners to stand on the west coast of California and blow hard.

*Jennifer Stock:* Alright, we'll do our best. Thank you so much for taking some time to share your stories with us. It's just wonderful...

*Roz Savage:* I really enjoyed it. Thank you very much.

*Jennifer Stock:* For those of you that would love to follow Roz or get tuned in with what she's doing right now, she's got a fantastic website up, [rozsavage.com](http://rozsavage.com), that's R-O-Z-S-A-V-A-G-E dot come. Thanks so much, Roz.

*Roz Savage:* Thank you.

(Music)

*Jennifer Stock:* And we're going to take just a short break and when I come back in a few moments, we'll be talking with Jim Farley who is the director of the Marin County Fair which is coming up and it has an ocean theme this year. So, we'll hear some highlights about that. Thanks for tuning in to Ocean Currents. Please stay with us.

(Music)

*Jennifer Stock:* On the line here, I have Jim Farley from the Marin Fair. He's the director of cultural and visitor services for the county of Marin and he's the director of the Marin County Fair. Welcome, Jim. Thanks for joining us.

---

*Jim Farley:* Hi, Jennifer. Listening to your comments in that song, we certainly hope waves of people come to the Marin County Fair Saturday, June 30th through Wednesday, July 4th.

*Jennifer Stock:* So, we're around the bend from the beginning of the county fair and how did the theme of the San Francisco Bay and surrounding ocean waters become the theme for the fair this year?

*Jim Farley:* Well, each year we try to select a theme that people in Marin County care about and in the past we've celebrated such themes as the legacy of Frank Lloyd Wright, the legacy of the Golden Gate Bridge, and one of our commission members in Monte Rosa, Sausalito suggested that we celebrate the people who live, work, and play on the Pacific Ocean, the San Francisco Bay, and not to forget the ridges in Tomales and Drake's Bay here in Marin County and these are all the people that care about marine animals, marine ecosystems, the health of our oceans, the health of our bays, and are working towards a brighter future.

*Jennifer Stock:* Wonderful. So, besides the typical highlights of the fair, the rides, the fireworks, and music, and fabulous food, what events at the fair will be featuring our watershed and the surrounding waters you just described?

*Jim Farley:* Well, three things, first of all, we have the Hudson Vagabond giant puppets from New York. They're performing a show called The Silly Jellyfish for fair-goers of all ages and they have a 40 foot whale, a great white shark, even a jellyfish, and they tell us stories about creatures under the seas and how to best live together. Secondly, from the Moss Landing Marine Laboratories, we have the sea lion encounters, 12, 2, 4, and 6 o'clock each day and this is a way for fair-goers to get to know sea lions, California sea lions, what they're like, what their lives are like, and how important they are to the Monterey Bay specifically and the ocean and, obviously, the future of our marine ecosystem, but lastly, and perhaps, most importantly, because we have so many great community partners, is a new pavilion called Aquatic Adventures.

We're working with about thirty Marin organizations ranging from the Cordell Bank Marine Sanctuary, the Point Reyes National Seashore, Marine Mammal Center, Bay Model, and so forth to really create an exhibit that lets Marinites know about all of the wonderful work that's being done in the community whether it's on behalf of marine animals, whether it's on behalf of the San Francisco Bay on the health of Drake's Bay, ridges and bay, et cetera. So, we're really excited about it because it's really brought

---

together this wonderful group of people with wonderful stories to share for fair guests.

*Jennifer Stock:* That's wonderful. I'm excited to hear about the puppets. Are the puppets going to be there every single day? Is there a show?

*Jim Farley:* Every day and they perform at 3 o'clock and 5 o'clock and these are giant puppets and The Silly Jellyfish is an old Japanese folk-tale and so, we have whale and jellyfish puppets. We have real-life California sea lions and if you come to the Aquatic Adventures Pavilion, you can actually see models of northern elephant seals, an orca whale, and a thresher shark among the really interesting exhibits. So, we've got everything covered from puppets to models to actually real-life marine animals at the fair.

*Jennifer Stock:* I'll just mention that the sanctuaries here, Gulf of the Farallones and Cordell Bank, you know this, Jim, but the listeners...Gulf of the Farallones and Cordell Bank are working with the marine mammal center as well as Point Reyes National Seashore to host our exhibits there, but also, we're going to have the elephant seal docents from the park service here to interpret those amazingly huge, life-size elephant seals at the event so folks will be able to hear a little bit more about elephant seals and when they can see them for real.

*Jim Farley:* I think it will be, you know, that we have over a hundred thousand people will come to the fair. So, our hope is that fair-goers are entertained by the fireworks, the concerts, and the carnival rides, but we also hope during their stay, and we know this will happen, that there's an educational process that goes on and certainly we love the fact that the organizations you just mentioned are going to share their stories with fair guests and will come away from the fair enriched and then, obviously perhaps in the future, support these organizations and certainly go out, for example, and visit and see the northern elephant seals in their habitat out at the seashore.

*Jennifer Stock:* That's great. So, how about inside Aquatic Adventures? I know there's a couple special things in there that people might be able to experience or sit down and watch for a little bit. Can you tell us about some of the little events happening inside Aquatic Adventures?

*Jim Farley:* Well, there's so many things going on and I'm just going to talk, you know, especially highlight some things that are coming to us from West Marin. By the way, I don't want to forget, we have a wonderful Ocean Bay Film Festival. There's about 15 short films

---

and there's wonderful films about the Gulf of the Farallones Sanctuary, the Cordell Bank Marine Sanctuary, the Bay Institute, the health of the San Francisco Bay, the life and health of northern elephant seals that reside part of the year out at the sea shore, and so forth. So, people can get a whole panorama of things that are going on here off the shores of Marin through this special film festival.

You know, we've got, by the way, two great West Marin photographers whose work will be part of the Aquatic Adventures Pavilion and that's Marty Knapp and Phillip Green. We have a wonderful exhibit about fishing in the Tomales Bay from the Conatage family, a wonderful creation family. They've been fishing on the Tomales Bay for many years. There's a wonderful exhibit about west Marin aquaculture from the Drake's Bay Oyster Farm folks which is quite interesting.

Also, as you mentioned, the elephant seals from the Point Reyes National Seashore, the exhibit by the Gulf of the Farallones and Cordell Bank folks. The Girl Scouts will be there with their wish fish wall. Fair-goers can create a wish to save and improve the health of the bay and hang it in this school of fish here in the exhibit. There's a model of a leatherback turtle thanks to the folks at the Turtle Island Restoration Network.

*Jennifer Stock:* I saw that model. It's beautiful.

*Jim Farley:* Yeah, it gives people a sense of sort of the grander magnitude of those animals. There's a boat that was just built by the Spaulding Wooden Boat Center in Sausalito, the trolley Merrill. It's a gorgeous hand-built sailboat. We have an old recreation of an old Pomo tooley boat, too. I'm sure, obviously, it's a reconstruction. It's not an original one, but it certainly gives fair-goers a sense of what the watercraft like were off the shores of Marin a couple of centuries ago. So, yeah, there's a lot to see and a lot to do.

*Jennifer Stock:* Well, it sounds like it's a nice place, in the Aquatic Adventures, to take a load off and take a rest since there's so much going on outside and there's the little film festival people can sit down and relax for a little bit, but it sounds like there's something for everyone and what are the hours of the fair?

*Jim Farley:* It's, well, Saturday, June 30th through Wednesday, July 4th. The Aquatic Adventures Pavilion is open every day from 11am to 9pm. Of course, it's free with gate admission as are the fireworks,

---

concerts, and 28 carnival rides and, of course, we have the free fireworks show every night at 9:30pm.

*Jennifer Stock:* Wonderful. Well, Jim, thank you so much for just giving us a call and giving us a quick update on the event coming up. I'm sure you're excited for it to kick off.

*Jim Farley:* And in particular, one final note, Jennifer...

*Jennifer Stock:* Yes.

*Jim Farley:* ...of particular interest to Marinites, we have a former beloved folksinger from West Marin coming to the Marin County Fair on Wednesday, July 4th and that's Jesse Colin Young who for many years....

*Jennifer Stock:* Ohhhhhh, great!

*Jim Farley:* ... lived on a ridge trip in Inverness. So, he'll be performing on July 4th at 6 and 8. So, it's a bit of a homecoming concert for this former resident of West Marin.

*Jennifer Stock:* That's wonderful. For folks that want to see what some of the other music and events going on, they can just go to which website?

*Jim Farley:* [www.marinfair.org](http://www.marinfair.org).

*Jennifer Stock:* Fabulous. Thank you, Jim, and I'll be seeing you very soon.

*Jim Farley:* Thanks, Jennifer. See you soon.

*Jennifer Stock:* Alright, take care.

*Jim Farley:* Buh-bye.

*Jennifer Stock:* Great time to get the folks out and the family out to experience the Marin watershed and ocean waters surrounding this amazing county. We're very lucky to have that. So, please come on out and celebrate with the rest of the citizens and communities coming up to party and play outside. Hopefully, the weather will hold. It's been beautiful.

I want to mention that there's one other little event that you might be interested in. A marine life art show happening up in Santa Rosa of 40 original oil paintings of undersea marine life from a northern California artist, Donna Schaffer. I met her a couple

---

weeks ago and she dives all up and down California for her inspiration for her art and she's having an opening reception on Friday, tomorrow, June 29th from 6-8pm at the Finley Center in Santa Rosa, that's 2060 West College Avenue at the corner of Stony Point Road between 101 and Fulton. You can go to her website for more information and just see some, a preview, of her work at [www.underwaterpaintings.com](http://www.underwaterpaintings.com).

So, we've had a busy show. I didn't know how I was going to pack it all in. I wanted to talk to Roz the whole time, but I really wanted to hear a little bit about the fair too and I hope you were inspired by Roz's story and if you have a chance to get online and see her website at [rozsavage.com](http://rozsavage.com), you'll be bound to be inspired. She's really quite an amazing lady and maybe we'll see you at the fair on the Saturday or through July 4th. Come on down.

(Music)